

CLAIMS

What is claimed is:

1. A sports vision training device comprising:

a piece of material having a thickness sufficient to interfere with an individual's ability to look in a specific direction at a sporting object being controlled by the individual between 0° and 90° relative to the individual's vertical field of vision; and

said piece of material having an adhesive coating or layer for positioning said piece of material on a portion of an individual's face so that said piece of material interferes with said individual's ability to look at said sporting object while attempting to control said sporting object.

2. A sports vision training device according to claim 1, wherein said piece of material has a thickness sufficient to direct the individual's vision up and toward the field of play and players on said field of play.

3. A sports vision training device according to claim 1, wherein said piece of material is formed from an open-cell foam material.

4. A sports vision training device according to claim 1, wherein said adhesive coating or layer includes means for absorbing moisture and for transferring said moisture from a surface of an individual's skin to the piece of material to allow the moisture to evaporate.

5. A sports vision training device according to claim 4, wherein said moisture absorbing and transferring means comprises a hydrocolloidal material incorporated into said adhesive layer.

6. A sports vision training device according to claim 1, wherein said piece of material has an upper surface and said upper surface is intermittently grooved, or with a narrow stem at the base of which is the adhesive, to permit momentary glances at said sports object.

7. A sports vision training device according to claim 1, wherein said piece of material has written indicia on an upper surface.

8. A sports vision training device according to claim 1, wherein said piece of material has a logo on an upper surface.

9. A sports vision training device according to claim 1, wherein said device is disposable.

10. A system for training an individual encouraging them to look up and forward while playing a sport without looking down at an object being controlled by said individual, said system comprising:

a pair of potentially disposable view restricting members;

each said member being adhesively applied to one of the cheeks under an eye of said individual;

and each said member having a thickness sufficient to interfere with said individual's vision if said individual attempts to look down and sufficient to encourage said individual to look in an up and forward direction towards a field of play and at least one player on said field of play.

11. A system according to claim 10, wherein each said member has a first layer formed from an open-cell foam material.

12. A system according to claim 11, wherein each said member has an adhesive coating or layer for holding said member to a respective cheek of said individual, said adhesive coating or layer abutting a surface of said first layer.

13. A system according to claim 12, wherein said adhesive coating or layer contains a hydrocolloidal material for absorbing moisture and for transferring said moisture from a surface of said respective cheek to the first layer for evaporation into the atmosphere.

14. A system according to claim 13, wherein each said member has an upper surface and intermittently spaced grooves in said upper surface, or with a narrow stem at the base of

which is the adhesive, for allowing momentary glances downwardly at the sports object being controlled by the user.

15. A system according to claim 10, further comprising vision restriction devices attached to an individual's face along side each eye to restrict the individual's peripheral vision.

16. A system according to claim 15, wherein each said vision restriction device comprises a first layer formed from an open cell material and a second adhesive coating or layer for adhering the vision restriction device to the individual's face.

17. A system according to claim 16, wherein said adhesive coating or layer has a hydrocolloidal material incorporated therein.

18. A method for training an individual playing a sport, said method comprising the steps of:

providing at least one member having an adhesive coating or layer and a thickness sufficient to interfere with said individual's field of vision; and

positioning said at least one member on at least one cheek under an eye of said individual so as to interfere with the individual's ability to look downwardly at a sports object being controlled by the individual and to restrict said individual's field of vision to looking forward up and towards a field of play and at least one person on said field of play.